I. General Information

Title of the test: Western Ontario Rotator Cuff (WORC) Index

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Publisher: American Academy of Orthopaedic Surgeons

Time required to administer: Not found

Cost of the Test: Free. Authors routinely grant permission to reproduce the WORC Index.

II. Description of Test

Type/Purpose of Test: Self-report questionnaire designed to evaluate the impact on health of rotator cuff dysfunction. It contains 21 items across 5 domains (physical symptoms, sports/recreation, work, lifestyle, and emotions). Responses are recorded on a visual analog scale and range from no pain to extreme pain.

Population: Individuals with rotator cuff injuries or other pathological condition.

Focus of measurement:

X Organic systems  ___ Abilities  X Participation/life habits  ___ Environmental Factors

III. Practical Administration

Ease of Administration: Easy

Clarity of Directions: Very clear.

Scoring Procedures:
1. Measure distance from the left side of the line and calculate score out of 100 (recorded to the nearest 0.5 mm). Write it into the space provided.
2. You can calculate a total score for each domain or the total score for each domain can be summed for an aggregate score out of 2100.
3. Some prefer to report scores out of 100. The worst possible score is 2100. An aggregate score is subtracted from 2100 and divided by 21. Ex: A patient's total aggregate score is 1625. The percentage score would be (2100-1625)/21 = 22.6%

Examiner Qualification & Training: None specified

IV. Technical Considerations

Standardization: ____ Norms  ____ Criterion Referenced  ____ Other  _Not standardized_____

Reliability: Good. Cronbach alpha for total scale = .93

Validity: Factor analysis did not support 5 domain structure

Manual: (No published manual) _____ Excellent  _____ Adequate  ______ Poor
What is (are) the setting/s that you would anticipate using this assessment?
Home health
Outpatient rehab
Work-related programs (i.e., vocational rehab)
Skilled nursing facility

Summary of strengths and weaknesses:

Weakness:
Statistical analysis suggests a shoulder-specific evaluation tool may not be necessary
Potentially time consuming to complete and score

Strength:
Comprehensive and may give information not available with other assessments
Clear instructions
Easy for respondents to complete
Sensitive to change